

INSTRUCTION MANUAL

EM-D9750

Microwave Oven with Convection & Grill





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SPECIFICATIONS

	EM-D9750
Power Source	230 V
Maximum Output Power	900 W*
Power Grill	1200 W
Convection Heater	1200 W
Outside Dimensions (W x D x H)	550 x 487 x 355
Net Weight	24 Kg

*According to IEC 705 test procedures.

HOW TO USE YOUR OVEN SAFELY (MICROWAVE)

- When boiling water or other liquids, be sure to use a wide mouthed container, this will allow air bubbles to escape freely and prevent boiling over. Overheating the liquid beyond boiling point can occur without the evidence of bubbling. This could result in a sudden boil over of the hot liquid.
- 2. Do not attempt to operate the oven while empty as this will cause damage.
- Do not deep fry in the microwave oven as the temperature of the oil cannot be controlled and it may overheat.
- Never completely seal containers in the microwave oven. Coverings are necessary but containers must not be airtight.
- 5. Small quantities of food with low moisture content or high fat or sugar content can burn, dry out or catch fire if cooked or re-heated too long. Please note that the heating / cooking period required is extremely short: for example it only takes approximately 15 seconds to heat one mince pie or similar.

- Always pierce food which has a skin or membrane, for example, potatoes, tomatoes, apples, sausages etc. If you don't pierce them steam will build up inside and they may explode.
- When disposable containers of plastic, paper or other combustible materials are used to reheat food, it is advisable to check from time to time during the cooking cycle.

NOTE

It is quite normal for steam to be emitted around the door, for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle. This is merely condensation from the heat of the food and does not affect the safety of your oven. The door is not intended to seal the oven cavity completely but its special SANYO design contributes to the complete safety of the appliance.

ALTHOUGH YOUR OVEN IS PROVIDED WITH SAFETY FEATURES, IT IS IMPORTANT TO OBSERVE THE FOLLOWING:

- a. Do not tamper with safety interlocks.
- b. Do not place any object between the oven and the door or allow any food residue to accumulate on sealing surfaces. Wipe the door sealing area frequently with a mild detergent, rinse and wipe dry. Never use abrasive powders or pads.
- c. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door may cause the oven to fall forward resulting in injury.
- d. If any damage is apparent, do not operate the oven. Contact your nearest SANYO SERVICE CENTRE.
- e. Children may use the appliance only without supervision as long as instructions had been given
 which enables the child for safe operation and makes the child aware of the dangers of false
 operation.

OTHER IMPORTANT SAFETY INSTRUCTIONS

The following safety precautions should be followed when using this appliance:

- Read all instructions before first use.
- When using the grill and / or convection function for the first time, smoke and odour may be given off for a few minutes. This is normal during first operation, and is no cause for alarm.
- 3. As with most cooking appliances, close supervision is necessary.

If a fire should start:

- * Keep the oven door closed.
- * Turn the oven off.
- * Disconnect the power cord or shut off the power at the mains.

Other important safety points to remember are:

WHEN COOKING BY MICROWAVE:

- Do not use wire ties in the oven. Be sure to inspect purchased items for wire ties and remove before placing food in the oven.
- It is important to keep the oven interior clean. Food particles left on the oven walls reduce the efficiency of the microwaves.

- Do not heat foods or liquids in bottles or jars with lids on. Air must be allowed to escape from the container.
- Milk or food for babies should be heated on 450W. It should then be stirred thoroughly and tested to ensure that it is at the correct temperature before giving it to the baby.
- Care must be taken when removing cups of hot liquid from the turntable. Cups should be lifted not slid to the edge of the turntable to prevent tipping.

WHEN COOKING BY GRILL / CONVECTION:

- Take care not to spill water on the glass viewing window during or immediately after cooking as it may crack.
- Be sure to use an oven glove when loading and unloading the oven. Care should be taken to avoid touching cavity walls inside oven.
- 3. Be careful not to touch the viewing window when loading or unloading the oven.
- 4. The top of the cabinet gets very hot, therefore do not place items on the oven.

WARNING

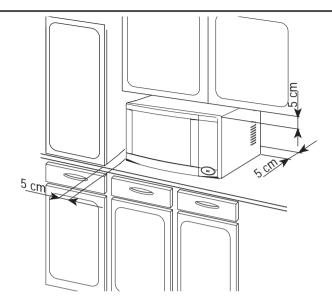
- (a) Do not adjust or repair microwave oven yourself. Do not operate the oven if it is damaged, until it has been repaired by a service engineer trained by the manufacturer.
- (b) It is dangerous for anyone other than a properly qualified engineer trained by the manufacturer to carry out adjustments or repairs.
- (c) If the power supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.
- (d) On no account remove or interfere with any parts or screws. THIS COULD PROVE VERY DANGEROUS.

SAVE THESE INSTRUCTIONS

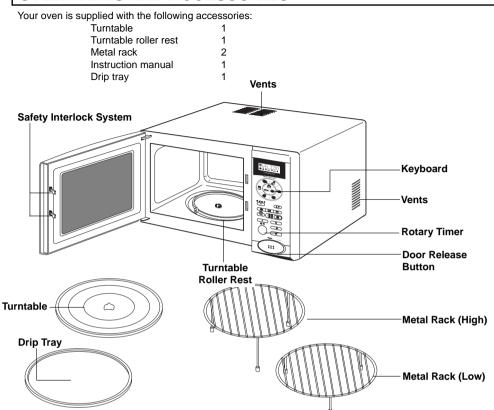
INSTALLATION

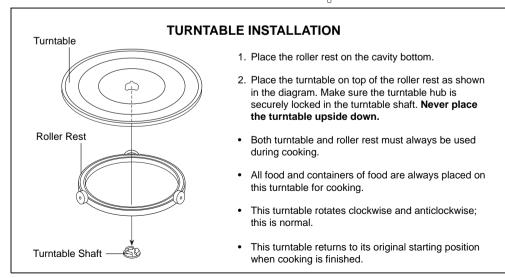
OVEN POSITIONING

- Install the oven on a flat, level surface strong enough to safely bear the weight of the oven.
- Do not locate the oven near areas where heat and moisture are generated as this may lower oven efficiency.
- 3. Covering the air vents may lead to malfunctioning, therefore a minimum clearance of 5cm is required above, to each side, and to the rear of the oven.
- 4. This oven conforms to EMC Radio interference Directive 89/336/EEC, however some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.

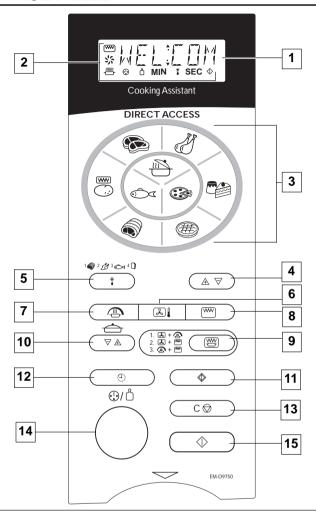


OVEN PARTS AND ACCESSORIES





OVEN CONTROL PANEL



- Display Window. Cooking mode and short messages are displayed.
- 2. Function Indicator.
- 3. Direct Access menu keypad.
- More / Less key:- Allows you to slightly increase or decrease cooking time of automatic programs.

- 5. Auto Defrost.
- 6. Convection Temperature.
- 7. Micro Power.
- 8. Grill only.
- 9. Dual Cook.
- 10. Slow Cook.

- 11. Quick Start.
- 12.Kitchen Timer key.
- 13.Clear / Stop.
- 14. Time and Weight set.
- 15. Start.

SETTING THE LANGUAGE

Your new microwave oven comes with a five language **Word Prompt** system. Languages available are English, German, Spanish, Portugese and French.

When your oven is plugged in for the first time or when power resumes after a power interruption, the display will show "WELCOME TO SANYO -REFER TO INSTRUCTIONS BEFORE USE."

By pressing " \diamondsuit " it is possible to select the different languages.

When you have selected your required language press " C ♥" to hold that language, the numbers in the display then reset to 0: and you will be prompted to set the time of day.

To set English:

 This oven is preset to English therefore it is only necessary to touch "C\opinion" once.

To set German:

1. 🔷

 Touch " ♦ " key once, the display will show "HERZLICH WILLKOMMEN - VOR

"HERZLICH WILLKOMMEN - VOR GEBRAUCH DIESES GERAETES BITTE DIE GEBRAUCHSAN-LEITUNG LESEN."

Touch " $\mathbb{C} \mathbb{O}$ "once to select and hold language.

To set Spanish:

1. 🔷

2. ○ ○ ○

Touch " ♠ " key twice, the display will show "BIENVENIDO A SANYO - ANTES DE UTILIZAR EL HORNO LEER EL MANUAL DE INSTRUCCIONES."

Touch "C♥"once to select and hold language.

To set Portugese:

1. 🔷

2. (C ⊗)

Touch " " key three times, the display will show "BEMIVINDO A SANYO - LEIA AS INSTRUCOES ANTES DE USAR"

Touch "C♥"once to select and hold language.

To set French:

2. (C ⊗)

Touch " " key four times, the display will show "BIENVENU CHEZ SANYO - VEUILLEZ LIRE LE MODE DEMPLOI AVANT DUTILISER VOTRE FOUR"

Touch " $C \odot$ "once to select and hold language.

SETTING THE CLOCK

When your oven is plugged in for the first time or when power resumes after a power interruption, the display resets to setting the language procedure on Pa 9.

To set the clock follow adiacent procedure.

Example: To set 4:30:



2.

⊕/ 🖒 3.

4.

0: and "SET HOUR" shows in display and the clock symbol flashes. Turn "ROTARY TIMER" until 4: is indicated in the display window.

"PRESS START" shows in display and the start symbol flashes. Touch " \Delta " Kev. This locks in the hour setting. "SET MINUTES" shows in display and time indicator begin to flash.

To set the minutes Turn "ROTARY TIMER" until 4:30 is indicated in the display window.

"PRESS START" shows in display and the start symbol flashes. Touch " \diamondsuit " Key to lock in the time and

CHILD LOCK-OUT AND DEMONSTRATION MODE

To set child lock-out.

This oven has a safety feature which prevents the accidental running of the oven by a child.

Child Lock-Out:



Press and hold "C♥" Key for 3 seconds. Indicator LOCK is indicated. Now the oven cannot be operated.

To cancel child lock simply repeat setting procedure. Indicator **LOCK** disappears and clock display reappears. After 3 seconds the oven will beep twice, this indicates that the child lock is cancelled and the oven is now fully operational again.

Demonstration Mode:

After the demonstration mode has been set, the oven will appear to operate normally if the kevs are pressed. However the oven will produce NO actual microwave power. When in demonstration mode, you can work through the cooking procedure.

To set demonstration mode.



Press and hold "♥ A Key for 3 seconds. Indicator L lights up and clock display reappears.

To cancel demonstration mode simply repeat setting procedure. Indicator L disappears and clock display reappears. The oven is now fully functional once again. After 3 seconds the oven will beep twice, this indicates that the demonstration mode is cancelled and the oven is now fully operational again.

HOW TO USE THE KITCHEN TIMER

Example: To set kitchen timer for 5mins 30secs:

1.

Touch " "."KITCHEN TIMER - SET TIME-" shows in display.

2.



Turn "ROTARY TIMER" until 5:30 K (K represents Kitchen Timer) is indicated in the display window.

3.

Touch " ♦ " Key. The Kitchen Timer will begin counting down. To cancel kitchen timer press " С ♥". If the start key is not pressed immediately the Kitchen Timer will begin counting down after 10 seconds.

Note:

To cancel the kitchen timer whilst the oven is operating, press " $^{\textcircled{-}}$ " followed by " $^{\textcircled{-}}$ $^{\textcircled{-}}$ ".

QUICK START

The Quick Start function allows the oven to begin cooking immediately on full power **900W**.

NOTE:

The Quick Start key has been pre-programmed to increase in increments of 30 secs. up to a maximum time of 10 minutes.

Example: Set oven to start cooking on Full Power 900W for 2 minutes.

1.



Touch " "Key 4 times. The microwave indicator lights up and the oven begins to operate immediately.

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MATERIAL	MICROWAVE	GRILL / THERMAL GRILL ONLY	CONVECTION ONLY
Turntable	Yes	Yes	Yes
Metal Racks	Yes - Low Rack should be used for defrosting.	Yes	Yes
Metal Drip Tray	No	Yes	Yes
Heat Resistant Ceramic & Glass	Yes	Yes	Yes
China - Without Metal Decoration.	Yes	Yes	Yes
Plastic- microwave proof cookware.	Yes	No	No
Plastic cling film, microwave wrap, microwave roasting bags. (Do not use metal twist ties.)	Yes - With care. Pierce film. Do not fit film skin tight.Do not allow film to touch food.	No	No
Metal Cookware e.g baking tins, trays	No	Yes	Yes
Aluminum Foil	Yes - With care. Small pieces may be used for shielding. Over use may cause arcing.	Yes	Yes
Paper Greaseproof paper, Kitchen Paper, plates or cups.	Yes - With care. Paper may be used to absorb moisture or fat. Overheating could cause fire.	No	Yes - With care. Greaseproof paper may be used to line dishes.
Wood / Straw	Yes - With care. For warming food for a very short time only.	No	No

MATERIAL	DUAL COOKING GRILL & MICROWAVE	DUAL COOKING CONVECTION & MICROWAVE	DUAL COOKING CONVECTION & GRILL
Turntable	Yes	Yes	Yes
Metal Racks	Yes	Yes	Yes
Metal Drip Tray	Yes	Yes	Yes
Heat Resistant Ceramic & Glass	Yes	Yes	Yes
China - Without Metal Decoration.	Yes	Yes	Yes
Plastic- microwave proof cookware.	No	No	No
Plastic cling film, microwave wrap, microwave roasting bags. (Do not use metal twist ties.)	No	No	No
Metal Cookware e.g baking tins, trays	Yes - With care. Do not place metal cookware on metal racks or on metal drip tray.	Yes - With care. Do not place metal cookware on metal racks or on metal drip tray.	Yes
Aluminum Foil	Yes - With care. Small pieces may be used for shielding. Over use may cause arcing.	Yes - With care. Small pieces may be used for shielding. Over use may cause arcing.	Yes
Paper Greaseproof paper Kitchen Paper, plates or cups.	No	Yes - With care. Greaseproof paper may be used to line dishes.	No
Wood / Straw	No	No	No

QUICK REFERENCE GUIDE TO 8 WAY COOKING

COOKING MODE	ACCESSORIES TO USE	SUGGESTED USE
Microwave Only 80, 150, 300, 450, 750 & 900W.	Place dish directly on turntable. Place dish on low rack for optimum defrost results.	Defrosting, reheating, cooking vegetables, rice, pasta, fish, casseroles, sponge puddings.
Grill Only (1 Setting)	Place high rack on turntable.	For toasting bread, muffins etc.
Thermal Grill (1 Setting)	Place high rack on metal driptray on turntable.	For cooking small chops, sausages, fish fingers etc.
Convection Only (including 2 Level Convection Cooking.) (40 - 250°C)	Place dish directly on turntable or on low rack. 2 Level Convection - Place dishes/ trays on low and high rack. Changeover position halfway through cooking for best result.	For cooking meringues, biscuits, scones, bread, Yorkshire Puddings, pastry items e.g pies, tarts etc. 2 Level Convection - For batch baking of biscuits, scones, cakes etc. on two levels.
Thermal Grill & 150W or 450W Microwave.	Place high or low rack on metal drip tray on turntable.	For faster cooking of traditionally grilled foods e.g chops, sausages, chicken pieces etc.
Convection & Microwave (Variable combinations of convection temperature and microwave power.)	Place dish directly on turntable or on low rack.	For faster cooking of many traditionally baked foods e.g baked potatoes, pizza, roast poultry / joints roast potatoes, some cakes, au gratin dishes, frozen crispy crumb convenience foods. For crisp reheating of pastry items.
Convection with Grill (40 - 250°C)	Place metal driptray on high rack.	For fast cooking and crisping of small items e.g frozen potato products, fish fingers, chicken nuggets etc.

(For details of suitable cookware please see pages 12-13.)

HIGH AND VARIABLE POWER COOKING

This basic microwave cooking method allows you to cook food for a desired time. In addition to the maximum power level, you can select different microwave power from 5 other levels, 80W to 750W for the foods that require slower cooking.

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods.

Manual Defrosting

For manual defrosting (without using Auto Defrost features), use 150W. To speed up the defrosting of dense foods over 450g (1lb), the oven may start on full power for 1-3 minutes, then be reduced to 150W until defrosting is complete.

NOTE:

The time increments for the ROTARY TIMER are as follows:

TIME	INCREMENT
0-5 min.	15 secs.
5-10 min.	30 secs.
10-30 min.	1 min.
30-90 min.	5 min.

Example: To cook at 450W for 1 min 30 secs

1. (C ♥) Touch "C♥".

Touch " Tey 3 times.

"450W SET TIME-" shows in display.

1.30 is indicated in the display window. "PRESS START" shows in display.

Turn "ROTARY TIMER" until

⊕/凸

To set the variable cooking levels the Power key should be touched as follows:

900W	 ONCE
750W	 2 TIMES
450W	 3 TIMES
300W	 4 TIMES
150W	 5 TIMES
80W	 6 TIMES

POWER SETTING	SUGGESTED USE
80 W	Softening cream cheese.
150 W	Keeping foods warm, defrosting.
300W	Completing the cooking cycle of pot roasts. Completing the cooking cycle of some casseroles and stews. Baked custards and cheese cakes.
450 W	Roasting meats.
750 W	Baking cakes. Reheating precooked foods.
900 W	Boiling liquids. Baking fish, vegetables.

GRILL COOKING

Grill 1

This method is ideal for toasting bread or muffins.
Remember the oven will be hot.
Place all food on high grilling rack.

Grill cooking time can be set to a maximum of 90 minutes.

Example: Set oven to Grill for 15 minutes.

Touch "\overline" key. The Grill indicator lights up "GRILL - SET TIME" shows in display.

Turn "ROTARY TIMER" until
15.00 is indicated in the
display window. "PRESS
START" shows in display.

THERMAL GRILL COOKING

3.

2.

3.

Grill 2

During thermal grill cooking, both fan and grill element operate together to circulate hot air around the food to assist the cooking process.

This method is ideal for small items such as sausages which you would usually grill. Place food on the high grill rack on the metal drip tray. Do not use thermal grill for toasting bread as the result will be rather dry. The grill cooking time can be set to a maximum of 90 minutes.

Example: Set oven to Thermal Grill for 15 minutes.

1. C 💮 Touch " C ♥".

Touch """ key twice.
"GRILL 2 - SET TIME"
shows in display.

Turn "ROTARY TIMER" until 15.00 is indicated in the display window. "PRESS START" shows in display.

CONVECTION COOKING

This oven can be used as a conventional oven by using the fan assisted convection function. The temperature range is 40 - 250°C.

For recipes which require higher temperatures e.g pastries, scones or Yorkshire puddings, best results are obtained if the oven is preheated first.

Note:

If the cooking is not started immediately after preheating, the preheated oven temperature will continue to flash in the display and the temperature will be maintained for 15 minutes.

This function is ideal for cooking meringues, biscuits, scones, bread, Yorkshire puddings, large fruit cakes and all pastries. It can also be used for proving bread at 40°C. The convection cooking time can be set for a maximum of 90 minutes.

One or two level convection cooking;

Convection cooking can be done on one or two levels using the two racks provided. If cooking on one level, place food on low rack. If cooking on two levels (ie batch baking) swap position of food halfway through cooking to get the most even result.

As there is no microwave energy being used you can place metal tins directly onto the metal racks with no danger of arcing.

Example: Set oven to Preheat to 200°C.

(The oven is preheated before the food is added)

Touch "C♡".

2.

Press " key twelve times.
The Convection indicator lights up and "200 C" is displayed.

3.

Press" . The oven will now preheat. When the correct temperature is reached the oven will beep 3 times and "PREHEATING COMPLETED - 200 C" will appear in the display. You may now set the convection cooking temperature and time as below and begin cooking.

Example: To then set the preheated oven to cook using Convection for 20 minutes, at 200°C.

4.



Touch "C♥", once.

"200 C - SET TIME" shows in display place food on the low rack in the oven.

5.



Turn "ROTARY TIMER" until **20.00** is indicated in the display window.

6.



Touch "⊕".

DUAL COOKING

This oven offers you a choice of three methods of Dual cooking;

4.

- 1. Convection + Microwave For baking and roasting.
- 2. Thermal Grill + Convection For fast crisping.
- 3. Thermal Grill + Microwave For fast grilling.

Convection + Microwave

This function allows you to combine convection operation with any one of the four (80W, 150W, 300W, 450W) microwave power levels to produce traditional baked or roasted results in less time. This function has many uses, particularly roasting meat and poultry, cooking pizza, baked potatoes, roast potatoes, baking some cakes, frozen and crispy crumb foods and reheating pastries.

When cooking with dual convection + microwave it is not necessary to preheat the oven.

Food should be placed on the low rack or on the turntable.

Do **NOT** place metal cookware directly on the low rack when using this function as arcing may occur.

The Dual Convection + Microwave function can be set for a maximum of 90 minutes

Example: Set oven to Convection + Microwave for 15 minutes, at 220°C and 450W microwave power.

1. C ⊕ Touch "C ⊕".

Press " once - "210 C" is displayed.

Turn "ROTARY TIMER" until 15.00 is indicated in the display window.

DUAL COOKING (CONT.)

Thermal Grill with Convection

This function allows you to combine convection operation with the thermal grill, and is ideal for cooking small foods which require crisping e.g frozen potato products such as oven chips, potato croquettes or waffles, fish fingers, chicken nuggets, beefburgers and sausages.

Food should be placed on the high rack which is on the turntable. Alternatively food maybe placed on the metal drip tray on the high rack.

The Dual Convection + Thermal Grill function can be set for a maximum of 90 minutes.

Example: Set oven to Thermal Grill with Convection for 15 minutes, at 220°C.

- **1.** (C ⊗) Touch "C ⊗".
- Press " \(\bigcap \) \(\bigcap \) key twice.
 The Grill and Convection
 indicators light up and "DUAL 2
 210 C GRILL 2 SET TIME" is
 displayed.
- Press " la la key once "220 C " is displayed.
- Turn "ROTARY TIMER" until 15.00 is indicated in the display window.

Thermal Grill + Microwave

This oven has four settings: Thermal Grill + 80W Thermal Grill + 150W Thermal Grill + 300W

Thermal Grill + 450W

This function allows you to combine the speed of a microwave with the browning and crisping of a grill. Ideal for all foods that would usually be grilled e.g sausages, chops, chicken pieces etc.

The Dual Thermal Grill + Microwave function can be set for a maximum of 90 minutes.

Example: Set oven to Thermal Grill with Microwave for 15 minutes, at 150W microwave power.

15 minutes, at 150W microwave power.

1.

- C ⊕ Touch "C ⊕".
- Press " T key twice. "150W" is indicated.
- 4. Turn "ROTARY TIMER" until 15.00 is indicated in the display window.

2.

MULTI-STAGE COOKING

Multi stage cooking is ideal for sequential cooking. It allows you to cook at different power levels and with different cooking modes for a set time.

Up to three stages may be set.

All the stages should be set before starting the oven.

The following table shows the combinations possible when cooking with multi-stages:

1st	2nd	3rd
Micro	Micro	Micro
Micro	Micro	-
Micro	Micro	Grill
Micro	Micro	Thermal grill
Micro	Micro	Convection
Micro	Micro	Dual
Micro	Grill	-
Micro	Thermal grill	-
Micro	Convection	-
Micro	Dual	-

NOTE:

Dual cook - This is microwave with grill or convection at the same time, or convection with grill at the same time.

After grill, thermal grill, convection or dual cooking it is NOT possible to set microwave.

For three stage cooking, follow same procedure as shown, simply insert third stage at step 5, then press start.

Example: To set the oven to microwave on 450W for 10 minutes, and then Grill for 5 minutes.

1. (C ♥

Touch "C⊚".

2.



Press " — " key 3 times. The Micro indicator lights up and "450W - SETTIME" is displayed.

3.



Turn "ROTARY TIMER" until **10.00** is indicated in the display window.

4.



Press " " key once. The Grill indicator lights up and "GRILL - SETTIME" is displayed.

5.



Turn "ROTARY TIMER" until **5.00** is indicated in the display window.

6.



Touch "♦".

AUTOMATIC THERMAL WEIGHT DEFROST

This feature allows you to accurately defrost meat, poultry, fish or bread.

Simply enter the weight of the food and the oven will select the correct defrosting time. The More / Less key may be used to increase or decrease the defrosting time as necessary.

The chart below indicates the maximium / minimum weights for use with Auto Weight Defrost Programs;

Defrost Program	Min. Weight	Max. Weight
1. Meat	100 g	3500 g
2. Poultry	100 g	3500 g
3. Fish	100 g	1000 g
4. Bread	100 g	900 g

Important: WHEN USING FOIL FOR SHIELDING IT IS IMPORTANT THAT THE FOIL DOES NOT TOUCH THE WALLS OF THE OVEN.

Auto Weight Defrosting chart appears on pages 23-24.

Defrost Program		
Press once	=	Meat
Press twice	=	Poultry
Press three times	=	Fish
Press four times	=	Bread

Example: To Defrost 1000 g of Meat using adjust "More"

- **1.** C ♥ Touch "C♥".
- Touch " * " once. "MEAT
 DEFROST SET WEIGHT"
 shows in display.
- 3. Turn "ROTARY TIMER" until 1000 g is indicated in the display window. "PRESS START" shows in display.
- Touch "♥ A" key once to increase defrosting time as desired. A ^Δ is indicated in the display window and the Start prompt flashes.

6. PAUSE

The Auto Weight Defrost programs have a built-in pause function to allow for checking and rearranging of food. On commencing Auto Weight Defrosting the time for the **first defrost period** will countdown in the display. At the pause rearrange the food as recommended in the defrost table, close the door and press " $^{\bigcirc}$ ". The defrost time for the **second defrost period** will countdown in the display.

If you do not open the door at the pause, the oven will restart after approximately 2 minutes and commences the second defrost period.

AUTO WEIGHT DEFROST - HINTS & TIPS FOR BEST RESULTS

Remove all packaging and place food on a microwave safe plate on the low rack. Please follow hints and tips below.

1 MFAT

For defrosting meat joints, minced meat, chops, steaks etc.

Meat Joints - Use of "A" key is recommended.

To prevent over defrosting meat joints will require shielding around fatty areas with a smooth piece of foil. Joints will require at least 40 minutes standing time after defrosting to ensure that the centre is thoroughly defrosted, large joints will require longer standing times.

Steaks / Chops - " ♥ A" key is not usually required.

Particularly delicate outer areas of steaks / chops may require shielding with smooth foil.

Minced or Cubed meat. Use of "♥" key is recommended.

Minced or Cubed meat should be broken up as soon as possible and any defrosted parts removed.

Sausages / Spare Ribs / Bacon - Use "\overline{\pi}" key recommended for these delicate meats.

Chops / sausages etc should be arranged in a single layer, and turned / rearranged at the pause. Most meats, with the exception of joints will require a standing time of at least 15 minutes.

2. POULTRY:

For defrosting whole poultry and poultry pieces.

Whole Poultry - Use of " A" key is recommended.

Shielding of thin leg and wing areas and back bone is recommended. Begin defrosting breast side down and turnover at the pause. Whole poultry will require a standing time of at least 40 minutes to ensure that the centre is defrosted, large poultry will require longer standing times.

Chicken Pieces - " $\forall \mathbb{A}$ " key is not usually required.

Particularly delicate or thin parts may require shielding with smooth foil. Arrange pieces with the thicker parts to the outside and rearrange at the pause.

3. FISH:

For defrosting all types of fish.

Fillets - " ♥ A " key is not usually required.

Whole Fish / Fish Steaks / Prawns - Use of " ∇ " key is recommended for these more delicate types of fish. Arrange fish in single layer, overlap thin areas and shield delicate areas such as heads and tails with small, smooth pieces of foil. (It is important that this foil does not touch the oven side.) Rearrange fish at the pause. Allow standing time of at least 10 minutes.

4. BREAD

For defrosting small bread items e.g rolls, bun and slices required for immediate use.

Remove all packaging and place the bread on a plate, at the pause it is very important to separate the rolls / slices (a knife may be useful). Rearrange with the most frozen parts to the outside, remove any defrosted pieces. (When rearranging slices it is vital to ensure that the turntable can still turn.)

Note that immediately after defrosting bread may feel warm. Allow 5-10 mins standing time. The defrosting process can be speeded up by cutting rolls in half as soon as possible.

Loaves may be defrosted using "A" key, at least 15 mins standing time will be required.

Begin defrosting whole loaves on their side, cut in half and turn over at the pause. It is important to cut whole loaves on their side, cut in half or into slices as soon as possible to speed up the defrosting process.

This program is not suitable for defrosting cakes, gateaux or cheese cakes.

AUTO WEIGHT DEFROST CHART

Remove all packaging and place the food on a microwavesafe plate on the low rack. For best results follow the recommendations below.

FOOD M	IORE / LES KEY	S PREPARATION	PAUSE DIRECTIONS	STANDING TIME
1. MEAT				
Meat Join	nt + (MORE)	Shield back fat and any thin areas with smooth foil. Begin defrosting best side down.	Turnover and remove foil from back fat. Leave foil on warm, thin or delicate areas	Min 40 mins.
Chops / Steaks	NO	If frozen in a block separate as soon as possible. Arrange in a single layer with thin ends of chops to the centre. Shield any delicate or thin outer areas with small pieces of smooth foil.	Turnover, rearrange and remove foil.	15 mins.
Minced / Cubed Meat	NO	Break apart as soon as possible.	Break apart and remove any defrosted parts.	15 mins.
Sausages Spare Rik / Bacon	s/ - os (LESS)	Arrange in a single layer. Separate as soon as possible.	Separate and rearrange. Remove any defrosted parts.	15 mins.
2. POULT	RY			
Whole Poultry	+ (MORE)	Shield thin leg, wing areas and back bone. Begin defrosting breast side down.	Turnover and remove foil. Leave foil on any warm, thin or delicate areas.	Min 40 mins.
Poultry Pieces	NO	Shield thin areas. Arrange in a single layer with thicker parts to the outside.	Turnover, rearrange and remove foil.	15 mins.
3. FISH				
Fillets	NO	Arrange in an even layer. If frozen in a block separate as soon as possible. Overlap thin areas.	Turnover and rearrange.	10 mins.
Steaks	NO	Arrange in an even layer with thicker parts to the outside, shield outer edges of steaks with smooth pieces of foil.	Turnover and remove foil.	10 mins.
Whole	NO	If more than one fish arrange head to tail. Shield ends with smooth pieces of foil.	Turnover and remove foil.	10 mins.
Prawns	- (LESS)	Arrange in an even layer.	Stir.	10 mins.

AUTO WEIGHT DEFROST CHART (CONT.)

FOOD MO	ORE / LES KEY	SS PREPARATION	PAUSE DIRECTIONS	STANDING TIME
4. BREAD				
Whole Loaf	+ (MORE)	Place loaf on its side.	Cut in half if possible and turn over.	15 mins.
Rolls / Slices	NO	Arrange evenly on plate.	Separate and rearrange with frozen parts to the outside. Remove any defrosted pieces.	10 mins.
Croissants / Crumpets	-	Arrange evenly on plate.	Separate and rearrange with frozen parts to the outside. Remove any defrosted pieces.	10 mins.

DIRECT ACCESS

The Direct Access feature allows you to simply and automatically cook a range of popular foods. Your oven offers the following Direct Access programs:
Baked Potato,
Chicken Pieces,
Roast Joint,
Frozen Pizza,
Casserole,
Snacks,
Baked Fish,
Chops / Steaks and
Cake / Pudding.

Operation is very easy. Simply touch the appropriate key the correct amount of times (see directions included in the chart), and touch start.

The

A key can be used to adjust the end cooked results to personal taste. With time and practice it is possible to adjust the cooking time to produce food to personal preference.

Always ensure food is piping hot before eating.

VERY IMPORTANT

For best results, please follow the guidelines in the Direct Access food chart on pages 26-28. Example: To cook by Direct Access 450g Baked Fish, well done.

Touch " " key twice to select "Baked Fish". "450 G BAKED FISH - SET WEIGHT" is displayed.

Touch "♥" or "♠" key if required.

Touch " ♦ ". At the pause turnover etc. as recommended.

Close the door and press " ♦ ".

Enter the required amount by touching the appropriate key several times as detailed below.

BAKED POTATOES		
Touch Key	To cook	
Once	1 potato	
Twice	2 potatoes	
3 Times	3 potatoes	
4 Times	4 potatoes	

CHICKEN PIECES		
Touch Key	To cook	
Once	1 piece	
Twice	2 pieces	
3 Times	3 pieces	
4 Times	4 pieces	

ROAST JOIN	T
Touch Key	To cook
Once	0.8kg
Twice	1.2kg
3 Times	1.6kg
4 Times	2.0kg

FROZEN PIZZA		
Touch Key	To cook	
Once	100g	
Twice	300g	
3 Times	400g	
4 Times	500g	

CASSEROLE	
Touch Key	To cook
Once	C 1
Twice	C 2
3 Times	C 3
4 Times	C 4

SNACKS	
Touch Key	To cook
Once	1 item
Twice	2 items
3 Times	3 items
4 Times	4 items

(SEE RECIPES)

BAKED FISH	
Touch Key	To cook
Once	250g
Twice	450g
3 Times	650g
4 Times	900g

CHOPS / STEAKS		
To cook		
1 piece		
2 pieces		
3 pieces		

CAKE / PUD	DING
Touch Key	To cook
Once	P 1
Twice	P 2
3 Times	P 3
4 Times	P 4

(SEE RECIPES)

DIRECT	ACCESS	CHART

FOOD QUANTITY	START TEMP.	COOKWARE	PREPARATION BEFORE COOKING	AT PAUSE	AFTER COOKING	MORE/LESS +/-
CRISP JACK	KET					
Each potato approx. 225g each 1,2,3,or 4 potatoes.	Room Temp.	Place on low rack on turntable.	Wash, dry and prick with fork. Arrange evenly around edge of low rack. When cooking one potato, place on edge of low rack.	No pause. Turnover halfway through cooking time.	Stand 2 minutes in oven.	Press More △ For a very well done result. For potatoes at a cold start temperature.
CHICKEN PIECES						
Each piece approx. 225g,eg chicken quarters, legs etc. 1,2,3 or 4 pieces.	Chilled	Place on low rack on metal tray on turntable.	Wash and dry chicken. Brush with oil and seasoning. Place on low rack on metal tray on turntable. Cook with skin side uppermost.	No pause. No action required.	No stand required.	Press More ≜ For a very well done result. For very chilled chicken pieces.
PORK CHOI BEEF STEA						
Each chop approx. 200g For 1,2, or 3 chops.	Chilled	Place on high rack on metal tray on turntable.	Wash and dry chops. Brush with a little oil and seasoning. Place on high rack on metal tray on turntable.	Turnover at pause.	No stand required.	Press More △ For a well cooked result or for very chilled meat.
Each steak a For 1,2 or 3 s		0g				Press Less ♥ For a more rare steak result.
FROZEN PIZZA						
For four common sizes of frozen pizza: 100g, 300g, 500g		Low rack on turntable.	Remove from packaging. Place on low rack. For best results ensure that the topping is evenly spread over the pizza surface.	No pause. No action required.	No stand required.	Press More ≜ For cheese topped pizzas.

DIRECT ACCESS CHART MORE / LESS FOOD START **COOKWARE PREPARATION** AT PAUSE AFTER QUANTITY TEMP. BEFORE COOKING COOKING +/-ROAST **MEAT** JOINT For joints Chilled. I ow rack on Wash and dry joint. Turnover if Remove Important of four Brush with a little oil. metal tray on necessary. from oven. Press More ≜ common turntable. Place directly on low (Depending cover For a very well (Alternatively rack on metal tray on on shape of done pork result. sizes: loosely 0.8kg / 1lb 13oz meat may be turntable. (Or in dish joint.) with foil 1.2kg / 2lb 8oz placed in a on low rack.) and leave No Adjustment 1.6kg / 3lb 2oz heatproof and to stand Pork. 2.0kg / 4lb microproof dish for 15-20 Well done beef e.g Pyrex, on the minutes or lamb. Suitable Cuts: low rack.) before Pork - loin, lea carving. Press Less ♥ Beef - topside. I amb. sirloin rolled rib. Beef. Lamb shoulder, leg SNACKS For Room or Low rack on Remove from No pause. No stand Press More A chilled turntable. No action required. For very chilled reheating packaging. FRESH. temp. Remove all foil required. items. containers. not frozen. precooked When heating No Adjustment individual pastry several items arrange For items in the items e.g individual evenly around edge 150 - 200g range. meat or vegetable of rack. When cooking For individual pies pies, pasties, one item place on edge and traditional sausage rolls, slices of low rack. shape cornish of quiche or pie. pasties. 1 pie / portion -150g +/- 50g Press Less ♥ For items in the For heating: 100 - 150g range. 1.2.3 or 4 items. For flatter shaped pasties, sausage **IMPORTANT** rolls, slices of pie

This program is not intended for reheating whole family size pies, fruit pies or sweet mince

pies.

or quiche.

DIRECT ACCESS CHART

FOOD QUANTITY	START TEMP.	COOKWARE	PREPARATION BEFORE COOKING	AT PAUSE	AFTER COOKING	MORE/LESS +/-
BAKED FISI	Н					
For cooking fresh fish e.g fillets, steaks,whole stuffed whole rolled stuffed or breaded fi	e fish, I fish	Baked Fish / Whole Fish Shallow buttered heat microproof dish e.g Pyrex.	Please see details given at end of table.	No pause. No action required, however if yo wish to rearra fish do so afte 6 - 7 minutes	nge er	Press More △ For very chilled fish. No Adjustment. For fish fillets. For well done whole
For cooking of fish +/- 50	4 weights	Breaded Fillets / Crisp Whole Fis Low rack on me	h	of cooking tim		and stuffed whole fish.
250g / 10oz 450g / 1lb 650g / 1lb 8c 900g / 2lb	οz	tray on turntable).			Press Less ♥ For fish steaks. For thin fillets or for particularly delicate fish. For a less well done whole fish result.

CASSEROLE

For cooking 4 Large heat and types of savoury micro proof casserole with C1- Chicken Casserole lid, or large C2- Beef Casserole Pyrex bowl C3- Curry covered with C4- Minced Beef plate.

At pause stir Stir well. the dish.

CAKE / PUDDING

For cooking 4 specific types of cake/pudding.

P1- Sponge cake / Pudding

P2- Fruit Cake

P3- Chocolate Brownies

P4- Flapjack

SLOW COOKING

A choice of two slow cook programs are available;

Slow Cook High - 300W - for the first stage of the slow cooking process.

5.

Slow Cook Low - 100W - for continuing the slow cooking process by gently simmering the food.

This feature is convenient for a busy life styles and is ideal for cooking soups, casseroles and stews.

Slow Cook Low (100W) may also be used for keeping food which is already piping hot warm.

Do not attempt to slow cook meals using only Slow Cook Low (100W), always begin cooking on Slow Cook High (300W) to bring food to simmering temperature and then continue gently cooking using Slow Cook Low (100W).

Maximum Cooking Time

1 Stage Slow Cooking - 12 hrs 2 Stage Slow Cooking - 24 hrs

The cooking time in the display will count down increments if 1 minute.eg

minute.eg
0.20 indicates 20 minutes
5.00 indicates 5 hours

10.40 indicates 10 hrs 40 mins.

Example: To cook a casserole using slow cooking function Slow Cook High for 30 minutes, followed by Slow Cook Low for 8 hours.

1. C ⊘ Touch " C ⊘".

@/ n

Touch "♥ " once.

SLOW COOK HIGH - SET
TIME is displayed.

Turn "ROTARY TIMER" until

0H30 - PRESS START

appears in the display window.

Touch "♥\(\overline{\pi}\) once.

SLOW COOK LOW - SET

TIME is displayed.

Turn "ROTARY TIMER" until 8H00 - PRESS START appears in the display window.

You can set the slow cook cooking time in increments of 10 minutes.

QUESTIONS AND ANSWERS

OPERATION

- **Q**. What is wrong when the oven light does not function?
- A. Either:
- The door is not firmly closed. or:
- · The light bulb has burned out.
- Q. Why does steam come out of the air exhaust vent?
- A. Steam is normally produced during cooking. The microwave oven has been designed to allow this steam to escape.
- Q. Can the microwave oven be damaged if it is operated empty?
- A. Yes. Never operate the oven while empty or without the turntable positioned correctly on the roller rest.
- **Q**. Why does my oven produce smoke when I use grill, convection or dual cooking?
- A. Any dirt or grease that builds up on the walls and roof of the oven will begin to smoke if not cleaned. Therefore it is vital to wipe out your oven after cooking.
- Q. Instructions for aluminium foil use are confusing. When should foil be used?
- A. It should be used to shield portions of food from becoming overcooked or overdefrosted. Use small flat pieces of foil for shielding.
- Q. Why is standing time recommended after the cooking operation has been completed?
- A. Standing time is very important. With microwave cooking, the heat is in the food,not in the oven. Many foods build-up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.
- Q. Why do sparks and crackling (arcing) occur in the oven?
- A. There may be several reasons why sparks and crackling within cavity (arcing) occur.
- * A dish with metal parts or trim is being used. (silver or gold).
- * A metal utensil has been left in the oven.
- * Too much metal foil is being used.
- * A metal twist-tie is present in the oven.
- Q. Why does condensation appear in the oven?
- A. This is normal and occurs because the food is cooking faster than the moisture can be removed from the oven.

FOODS

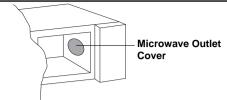
- **Q**. Can I check the preset oven temperature when cooking by convection?
- Q. Why are scrambled eggs sometimes a little dry after cooking?
- A. Eggs dry out if they are overcooked. You may need to vary the cooking time or power level for one of the following reasons:
 - * Eggs vary in size.
- * The initial temperature of the egg may vary depending on where it is stored.
- * The shape of cooking utensils vary, which makes it necessary to vary cooking time.
- * Eggs continue cooking during standing time.
- **Q**. How are liquids, soups or casseroles prevented from boiling over?
- A. Use a larger utensil than usual for cooking. If you open the oven door or press C♥, the food will stop boiling.
- Q. Why does the dish become hot when I microwave food in it?
- A. As the food becomes hot it will conduct the heat into the dish. Use oven gloves to remove food after cooking.
- **Q.** Does the density of a food affect its cooking time in the microwave?
- A. Yes. A dense food such as meat will take longer to cook, reheat or porous, light and airy food such as bread, puddings and cakes. This is because microwaves cannot penetrate as deeply into denser, heavier foods.

CARE AND CLEANING

It is important that no liquid food or grease particles are left in the oven aas this ensures the correct performance of your oven and reduces the risk of corrosion. After use always wipe out your oven thoroughly and dry.

INTERIOR OF THE OVEN

It is essential to keep your oven clean at all times. The oven cavity should be cleaned and wiped dry after each use. Please ensure that the oven is cool before cleaning. Wipe out with a mild detergent solution, paying particular attention to the microwave outlet cover (see illustration opposite) and the door seal area. Take particular care not to allow water to seep through the small holes in the oven walls. Wipe dry with a soft cloth. Never use abrasive cleaning materials as these can damage the oven cavity. When grilling, using convection or dual cooking grease may splash onto oven walls, if this is not removed after



Do not use any type of oven cleaner on your microwave oven as this can cause severe damage.

REMOVABLE PARTS

The glass turntable, roller rest, metal drip trays and grill racks can be removed for easy cleaning. Wash in warm soapy water and dry. It is important to clean the metal drip tray after use to prevent deterioration of the non-stick surface.

EXTERIOR OF OVEN

Wipe with a damp cloth. Do not allow water to seep into vents. Never use abrasive cleaning materials as these can damage your oven.

BEFORE CALLING SERVICE

cooking it can accumulate and cause the oven to

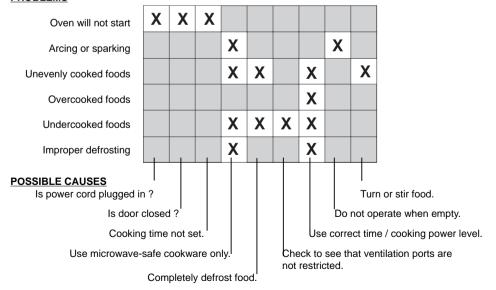
smoke. Such stains are also more difficult to

remove if allowed to become "baked on".

You can often correct operating problems yourself. If your microwave oven fails to work properly, locate the operating problem in the chart below and try the solutions marked for each problem.

If the microwave oven still does not work properly, contact the nearest SANYO SERVICE CENTRE.

PROBLEMS



Automatic Programs

Jacket Potatoes	225g each - 1,2,3,4 potatoes	Place on Turntable.
Chicken Pieces	225g each - 1,2,3,4 pieces	Place on Low rack on metal tray on turntable.
Chops/ Beef Steaks	Chops 200g each - 1,2,3 chops steaks 300g each.	Place on high rack on metal tray on turntable.
* Frozen Pizza	100g, 300g, 400g & 500g	Place on low rack on turntable.
Roast Meat Joint	800g, 1200g, 1600g & 2000g.	Place on low rack on metal tray on turntable.

Snacks (Chilled precooked pastry items)	1 item @ 150g, - 1,2,3,4 items.	Place on low rack on turntable.
wwww Baked Fish	250g, 450g, 650g & 900g.	Baked Fish - In dish on turntable. Breaded Fillets / Whole Fish - Low Rack.
Casserole	Chicken Casserole Beef Casserole Curry Minced Beef	IMPORTANT - See recommended recipes in instruction manual.
Cake / Pudding	Sponge Cake / Pudding Fuit Cake Chocdate Brownies Flapjack	IMPORTANT - See recommended recipes in instruction manual.
★ Automatic Thermal◆ Weight Defrost	Meat Poultry Fish Bread	Place on low rack on turntable

Important: Always refer to the instuction manual when using automatic programs.

EASY USE CHART

SETTING THE CLOCK

After setting the language:

- Turn "ROTARY TIMER" to set hour.
- 2. Touch " ...
- Turn "ROTARY TIMER" to set minutes.
- **4.** Touch " ♦ ".

MICROWAVE COOKING

- Touch "C♥".
- 2. Touch " Tou
- Turn "ROTARY TIMER" to set cooking time.
- 4. Touch " 🔷 ".

AUTO WEIGHT DEFROST

- 1. Touch" C♥".
- 2. Touch " * ".
- Turn "ROTARY TIMER" to set weight.
- **4.** Touch" ♥ " or " ♠" to adjust time if required.
- **5.** Touch " ♦ ".

SLOW COOKING

- **1.** Touch "C♥".
- 2. Touch " a" once to set Slow Cook high for 1st stage.
- Turn "ROTARY TIMER" to set cooking time for first stage.
- 4. Touch "♥A" once again to set Slow Cook low for 2nd stage.
- 5. Turn "ROTARY TIMER" to set cooking time for 2nd stage.
- **6.** Touch " ♦ ".

MULTI-STAGE COOKING

- 1. Touch "C♥".
- 2. Touch " T-6 times to set power level for 1st stage.
- 3. Turn "ROTARY TIMER" to set cooking time for 1st stage.
- 4. Touch " Touch " 1-6 times to set power level for 2nd stage.
- Turn "ROTARY TIMER" to set cooking time for 2nd stage.
- **6.** Touch " ♦ ".

DIRECT ACCESS

- 1. Touch" C ♥ ".
- Touch desired Direct Access key.
- **3.** Touch" ♥ " or "♠" to adjust time if required.
- **4.** Touch " ♦ ".

THERMAL GRILL/ GRILL COOKING

- 1. Touch "C♥".
- 2. Touch" once or twice.
- Turn "ROTARY TIMER" to set cooking time.

CODE No: 432-6-414S-74500

4. Touch" ♦ ".

DUAL COOKING

- Touch "C♥".
- 2. Touch " " " " key once, twice or three times. Set convection temp. and micro power as required.
- Turn "ROTARY TIMER" to set cooking time.
- 4. Touch " ♦ ".

CONVECTION COOKING

- Touch" C ♥".
- 2. Touch" .to select preheat temperature.
- 3. Touch " \Phi ".
- **4.** Touch "C♥".
- Turn "ROTARY TIMER" to set cooking time.
- **6.** Touch " ♦ ".

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